



The suggested contribution for those 60 and above and those under 60 with disabilities is \$3.50.

Contributions above the suggested donation are always appreciated.

AZCEND Senior Nutrition Program Manager:

Kelly Delgado

480-782-2721

Outreach Specialist:

Lisa Price

480-503-6061

Home Delivered Meals:

Caroline Sepulveda

480-503-6058

Transportation:

Para Transit: 602-716-2200

Ride Choice: 602-716-2100

Senior HELP Line:

602-264-4357

EMPACT Counseling:

480-784-1514 EXT. 1219

Housing Assistance:

480-782-3200

Recreation Coordinator:

Trevor Groth

480-782-2741

LUNCH MENU - APRIL

MENUS ARE SUBJECT TO CHANGE. LUNCH IS SERVED AT 11:30 A.M. M-F.

MON	TUE	WED	THUR	FRI
			1 Pork Loin Rosemary Roasted Potatoes Fried Cabbage Peaches	2 Pizza
5 Sweet & Sour Chicken Oriental Blend Veggies Vegetable Egg Roll Pineapples	6 Egg Salad Romaine Salad Tomato Bisque Mandarin Oranges	7 Beef Fajitas Rancho Blend Veggies Red & Green Peppers Mixed Fruit	8 Turkey & Swiss Beet & Chickpea Salad Carrot Raisin Salad Red Apple	9 Lentils w/Fried Onions Broccoli Green Bean & Tomatoes Strawberries
12 Swedish Meatballs Garlic Roasted Cauliflower Carrots Peaches & Yogurt	13 Chicken Tacos Chuckwagon Corn Broccoli Cilantro Brown Rice Mangoes	14 Mole Style Pork Chops Mashed Potatoes Veggie Blend Oranges	15 Lemon Pepper Chicken Capri Veggies Asian Blend Veggies Fruit Cocktail	16 Crab Cake Spinach Caribbean Mix Pears
19 BBQ Pulled Pork Cole Slaw Potato Wedges Apples	20 Meatloaf Mashed Potatoes Broccoli & Cauliflower Mixed Berries & Yogurt	21 Bean & Cheese Burrito Spanish Rice Oven Roasted Corn w/Peppers Pina Colada	22 Roast Beef Cheddar Sandwich Vegetable Soup Edamame Salad w/Tomatoes, Red Onion Pears	23 Roasted Chicken Tomato Cucumber Salad Baked Sweet Potatoe Watermelon
26 Chuck Roast Roasted Potato Carrots Pineapple	27 Pork Fried Rice Vegetable Egg Roll Oriental Blend Veggies Mandarin Oranges	28 Salmon Patty Burger Roasted Cauliflower Apricots w/Almonds	29 Jerk Chicken Glazed Carrots Collard Greens w/Tomatoes Pears	30 Chili Garlic Glazed Salmon Caribbean Veggies Sweet Peas Peaches



DISCOVER.

IMAGINE.

GROW.